




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Website QR code	<b>1</b> Gentle Yoga (6/6) 10:00 am & 5:30 pm (V) Sisters of Color Discussion Group 5:30 – 7:00 pm (I)	<b>2</b> Gentle Yoga (6/6) 10:00 am (I) 4:00 pm (V) GYN Cancer Discussion Group 4:00 – 5:30 pm (H)	<b>3</b> Newly Diagnosed/ In Active Treatment Discussion Group 10:00 – 11:30 am (V) Voices & Vision (2/5) 1:00 – 3:00 pm (I)	<b>4</b> Common Ground Metastatic Lunch Group 12:00 – 1:30 pm (I) Breast/GYN Cancer Discussion Group 5:30 – 7:00 pm (I)	<b>5</b> Brown Bag Friday 12:00 – 1:30 pm (I)	<b>6</b> Mindfulness & Meditation (1/4) 10:00 – 11:15 am (V)
<b>7</b>	<b>8</b> Gentle Yoga (1/6) 10:00 am & 5:30 pm (V) Breast/GYN Cancer Discussion Group 5:30 – 7:00 pm (V)	<b>9</b> Gentle Yoga (1/6) 10:00 am (I) 4:00 pm (V)	<b>10</b> Voices & Vision (3/5) 1:00 – 3:00 pm (V) Lymphedema Discussion Group 6:00 – 7:30 pm (V)	<b>11</b> Common Ground Metastatic Discussion Group 1:00 – 2:30 pm (V)	<b>12</b> Brown Bag Friday 12:00 – 1:30 pm (I)	<b>13</b> Mindfulness & Meditation (2/4) 10:00 – 11:15 am (V) Death Café 10:00 – 12:00 pm (I)
<b>14</b>	<b>15</b> Gentle Yoga (2/6) 10:00 am & 5:30 pm (V) Sisters of Color Discussion Group 5:30 – 7:00 pm (V)	<b>16</b> Gentle Yoga (2/6) 10:00 am (I) 4:00 pm (V) GYN Cancer Discussion Group 4:00 – 5:30 pm (H)	<b>17</b> Newly Diagnosed/ In Active Treatment Discussion Group 10:00 – 11:30 am (V) Voices & Vision (4/5) 1:00 – 3:00 pm (I)	<b>18</b> Common Ground Metastatic Lunch Group 12:00 – 1:30 pm (I) Breast/GYN Cancer Discussion Group 5:30 – 7:00 pm (I)	<b>19</b> Brown Bag Friday 12:00 – 1:30 pm (I)	<b>20</b> Mindfulness & Meditation (3/4) 10:00 – 11:15 am (V)
<b>21</b>	<b>22</b> (NO Gentle Yoga Today) Breast/GYN Cancer Discussion Group 5:30 – 7:00 pm (V)	<b>23</b> (NO Gentle Yoga Today)	<b>24</b> Voices & Vision (5/5) 1:00 – 3:00 pm (I) Evening Webinar 7:00 pm (V)	<b>25</b> Common Ground Metastatic Discussion Group 1:00 – 2:30 pm (V) Book Club 6:00 – 7:30 pm (V)	<b>26</b> Brown Bag Friday 12:00 – 1:30 pm (I)	<b>27</b> Mindfulness & Meditation (4/4) 10:00 – 11:15 am (V)
<b>28</b> Gentle Yoga (1/5) 10:00 am – 11:15 am (V)	<b>29</b> Gentle Yoga (3/6) 10:00 am & 5:30 pm (V)	<b>30</b> Gentle Yoga (3/6) 10:00 am (I) 4:00 pm (V)	<p style="text-align: center;"><b>Programs in Pink require registration</b></p> <p>Programming is offered in a variety of ways to meet the needs of our community.</p> <ul style="list-style-type: none"> <li>• V = Virtual (via Zoom)</li> <li>• H = Hybrid (in-person &amp; Zoom together)</li> <li>• I = In-Person</li> </ul> <p style="text-align: center;">~Please stay home if experiencing symptoms of ANY illness~</p>			